



TAEKWONDO

GUIDELINES AND GROUND RULES

A. CATEGORIES FOR SECONDARY BOYS AND GIRLS

1. SECONDARY BOYS

Finweight	Not exceeding 45 kg.
Flyweight	Over 45 kg. & not exceeding 48 kg.
Bantamweight	Over 48 kg. & not exceeding 51 kg.
Featherweight	Over 51 kg. & not exceeding 55 kg.
Lightweight	Over 55 kg. & not exceeding 59 kg.
Welterweight	Over 59 kg. & not exceeding 63 kg.

2. SECONDARY GIRLS

Finweight	Not exceeding 42 kg.
Flyweight	Over 42 kg. & not exceeding 44 kg.
Bantamweight	Over 44 kg. & not exceeding 46 kg.
Featherweight	Over 46 kg. & not exceeding 49 kg.
Lightweight	Over 49 kg. & not exceeding 52 kg.
Welterweight	Over 52 kg. & not exceeding 55 kg.

B. CATEGORIES FOR ELEMENTARY BOYS AND GIRLS

1. ELEMENTARY BOYS AND ELEMENTARY GIRLS

Height	Birthdate
120 cm. to 128 cm.	On or after January 1, 1995
Over 128 cm. to 136 cm.	On or after January 1, 1995
Over 136 cm. to 144 cm.	On or after January 1, 1994
Over 144 cm. to 152 cm.	On or after January 1, 1994
Over 152 cm. to 160 cm.	On or after January 1, 1994
Over 160 cm. to 168 cm.	On or after January 1, 1994

C. COMPETITION GROUND RULES

1. **Format:** The competition shall be individual, single elimination.
2. **Number of Competitors:** Each delegation may field only one competitor in each of the categories.
3. **Length of Matches:** Matches shall be two (2) rounds of two (2) minutes per round with one (1) minute rest between rounds.
4. **Weigh-In:** Weigh-in shall be conducted one day prior to the competition. A preliminary weigh-in shall be allowed before the official and final weigh-in.
5. **Coaches:** Only one (1) coach per player shall be allowed in the coach's chair during the matches.
6. **Protest:** Protests shall be made in writing using the protest sheet form provided. The protest shall be submitted to the Tournament Manager immediately after the match in question. Upon submission of the protest requirements, the designated Arbitration Committee shall decide on the protest within 30 minutes. The Arbitration Committee decision shall be final.
7. **Competition Codes of Conduct:** The Taekwondo Competition Codes of conduct shall be strictly enforced.
8. **Year 2005 Resolutions:** Resolutions made by the PTA Tournament Directors during the 2005 conference on the interpretation rules shall be enforced.

9. **Competition Rules:** For all other matters not provided for in these ground rules, the current WTF Competition Rules and Interpretation and the Palarong Pambansa guidelines shall apply.
10. **Competition Uniform:** Competitors shall wear the prescribed Taekwondo V-neck uniform (dobuk) during the competition.

***NOTE:** Use of the “**PHILIPPINES**” print on the uniform is reserved for members of the National Taekwondo Team and for those who have represented the country in international competitions. Otherwise, such usage is strictly prohibited.*

11. **Competition Equipment:** Only brands approved by the PTQA and/or WTF shall be approved for use. The contestants shall wear complete protectors during the match (head protector, arm and shin guards, groin guard and mouth guard).
12. **Mouth Guard:** The use of the mouth guard shall be required. ***For the children's division,*** the mouth guard shall be required for heights of 4'3" and taller.
13. **Coaches' Attire:** Coaches shall wear the proper attire during the competition. Shorts and slippers are not allowed.
14. **TBB/TBS:** Members of the TBB/TBS shall not be allowed to compete.